Peanut Butter Fudge

Peanut butter fudge can be made with real peanut butter, either smooth, or nutty, or peanut butter chips. This fudge tends to be a little sticky and not set as well. It has a delightful flavor. However, it may not be suitable for those who tend to have bouts of diverticulitis. Peanut butter fudge that doesn't set is a good ice cream or cake topping. This fudge can be easily mistaken for butterscotch. Sometimes, it's easier to have peanut butter fudge be nutty and butterscotch fudge not nutty. Or make a variety of shapes, roll them carefully in powdered sugar.

*** Do not give peanut butter fudge to a child who has not been tested for peanut allergy.

Pre Cook Preparation:
- A. Timer set to the time to begin preparation prior to cooking
- B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:
- Electric mixer
- Large handled measuring cups and spoons
- Large handled mixing spoons

Visual Accommodations:
- Easily identifiable labeled ingredients
- Long oven mitts
- Brightly colored measuring cups, spoons, and bowls

Potential Food Allergy or Intolerance:
- Butter (lactose)
- Milk (lactose)
- Peanuts (diverticulitis, nuts)
- Pecans (diverticulitis, nuts)
- Sugar (diabetics)
- Vanilla flavor (gluten)
- Walnuts (diverticulitis, nuts)

Meatless Preparation Avoid:
- Butter
- Milk
- Substitute with: _____

Utensils:
- Measuring cups
- 2 Mixing bowls
- Microwave safe cup
- Spoon
- Toothpick (round)
- Whisk

Pan:
Cooking: 8 quart pan
Cooling: Buttered aluminum foil pan, or glass pan

Ingredients:

Meat: None

Vegetables: None

Other ingredients:
Cooking:
1/4 cup butter
1 plate, bowl, or cup of ice water
5 ounce can of evaporated milk
7 ounce jar of marshmallow cream, or
7 ounces of bagged marshmallows
2.5 cups of sugar
Dash of salt

After Cooking:
10 to 12 ounce bag of peanut butter chips (to taste) ***
*** Split into equal amounts if using one fudge recipe to make multiple flavors.

Optional:
1 cup of chopped pecans, or
1 cup of chopped walnuts ***
*** Split into equal amounts if using one fudge recipe to make multiple flavors.

Preparation time: 15 minutes

Preparation:
Preparation for Cooling:
1. Butter a glass of aluminum foil pan.
2. Prepare a mixing bowl with:
10 to 12 ounce bag of peanut butter chips (to taste)
Stirring spoon
Optional:
1 cup of chopped pecans, or
1 cup of chopped walnuts ***

Cooking:
1. Combine in 8 quart pan:
1/4 cup butter
1 plate, bowl, or cup of ice water
5 ounce can of evaporated milk

7 ounce jar of marshmallow cream, or
7 ounces of bagged marshmallows
2.5 cups of sugar
Dash of salt

2. Stir over medium heat until it boils lightly. Stir constantly.
3. Turn temperature down 1/3, while keeping it at a light boil. Stir constantly.
4. After about 5 minutes of boiling, drop a pea sized amount into the ice water. If it forms a ball, the fudge is ready. If not, continue stirring and try again in a minute based on the texture of the fudge.
5. Once ready, pour into prepared mixing bowl.
6. Mix thoroughly until the fudge begins to set.
7. Pour into buttered pan. Allow to cool before slicing.

Cook Temperature: Medium

Cook Time: 20 to 25 minutes

Servings: About 15

Storage Solutions: Round containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per What's Cooking America Storage Chart link in Resources
Freezer safe: 4 to 6 months * Per What's Cooking America Storage Chart link in Resources

Reheat Instructions: (Good for quick thawing)

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is warm.
3. Minimum 30 seconds.
   Add your microwave time here: _____.